



**WILLOUGHBY HILLS RECREATION CENTER
35400 CHARDON RD. WILLOUGHBY HILLS, OHIO**

Have Fun & Get Fit!

***Tai Chi Exercise Class: Improving flexibility,
balance & strength.***

Tai Chi Chuan is an ancient form of Chinese exercise, it is a pleasant, non-strenuous conditioner.

Anyone can practice Tai Chi regardless of age, or fitness level. No special equipment or clothing is required. It may be practiced alone, or in groups, indoors or outdoors.

***COMMUNITY CLASSES WILL BEGIN TUESDAY SEPTEMBER 9TH
2014 AND RUN THROUGH TUESDAY OCTOBER 14TH,
7:00PM TO 8:00PM. \$30.00 FOR THE SIX WEEK CLASS,
OR \$6.00 PER CLASS PAY AS YOU GO.***

***PLEASE CONTACT JOE BONDI TO REGISTER FOR THE CLASS
(440) 725-4757. DENISE EDWARDS (440) 975-3540,
EMAIL Recreation@WilloughbyHills-OH.gov FOR
ADDITIONAL INFORMATION.***

SENIOR CITIZEN CLASS ALSO AVAILABLE!

**I have been a
Certified Personal
Trainer for over
twenty years; 11
years with the
Cleveland Clinic. I
have taught Tai Chi
since 2004 at
assisted living
facilities, to the
employees of
Marymount Hospital
and community
classes for the
Cleveland Clinic.
Please contact me
for more info by
phone, email, or visit
my web site for my
complete profile &
references.**

**Classes will be held
once a week for 6
weeks at which time
you may sign up for
another 6 weeks.**

JOE BONDI

NETA Certified Personal
Trainer

440-725-4757

joe_bondi@msn.com
www.fitnessadvantage.net